The “YonnyMike” Workout (For muscular men and women)

Jack Allison

Session 1 (Upper Body):

1. Ten minutes of stretching, making sure you really stretch out the top half.
2. 3 x 10, 8, 6 Dumbbell bench press
3. 3 x 10, 8, 6 Incline bench press
4. 10 Regular 10 Wide 10 Diamond pushups
5. 3 x 10, 8, 6 YonnyMike Pullups (Pull all the way up, then slowly let yourself down)
6. 3 x 10, 8, 6 Seated row

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Session 2 (Cardio):

1. Stretch entire body in preparation for physically strenuous activity.
2. 1 on 1 Basketball for 30 minutes



1. 20 Minutes on stair climber
2. Go out for a thirty-minute jog (or on treadmill) to get the heart rate going.

Session 3 (Core):

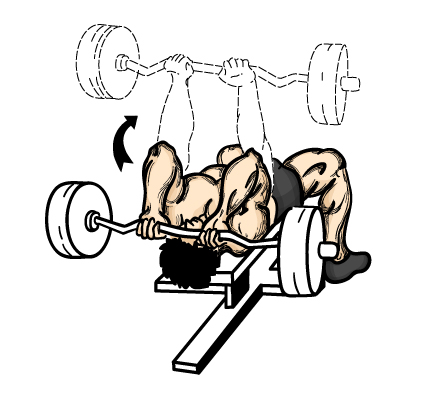
1. 30 Ball pikes

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1. 30 Russian twists w/ 25 lb plate
2. 30 Crunches
3. 30 Knee tucks w/ ball
4. 1:00 Bicycle
5. 2:00 Planks

Session 4 (Arms):

1. 3 x 10, 8, 6 Preacher curls
2. 3 x 10, 8, 6 Bar pushdowns
3. 3 x 10, 8, 6 Cable curls w/ Rope cable extension
4. 3 x 10, 8, 6 EZ Bar skull crushers

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Session 5 (Legs)

1. 3 x 10, 8, 6 Leg press
2. 3 x 10, 8, 6 (Steps) Weighted lunges with dumbbells
3. 3 x 10, 8, 6 Romanian dead lifts

<http://www.youtube.com/watch?v=DFTeSVuq4oY>

1. 3 x 10, 8, 6 Leg extensions
2. 3 x 10, 8, 6 Leg curls
3. 3 x 12 Calve press

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***WORKS CITED***

1. <http://blogilates.tumblr.com/post/4028087887/move-of-the-day-stability-ball-ab-pike-works>
2. <http://www.predatornutrition.com/en/content/exercise-tutorial-skullcrusherslying-tricep-extensions/>